

Psychological Support Services for Students during Examination Times

Manodarpan is an initiative of the Ministry of Education (MoE) as part of “Atmanirbhar Bharat Abhiyan” which aims to provide psychosocial support to students, teachers and families for mental health and emotional well-being during the times of COVID-19 and beyond. Under the initiative, Manodarpan Cell has taken up various



activities to address the psychosocial concerns of students. Keeping in view the approaching class Xth and XIIth Board examinations, Manodarpan is extending psychological support to students by helping them develop coping skills and effectively manage stress and anxiety. It is also providing parental guidance and strategies for teachers to help students.

Psychological Support Services for Students



National (toll-free) Tele-counselling Services (8448440632): Manodarpan’s free of cost tele-counselling helpline provides guidance and support to students, parents and teachers through IVRS. Eighty counsellors from various regions across the country are available from 8 am to 8 pm on all days of the week for providing voluntary counselling services to the callers.



Live Interactive Sessions: Live sessions are regularly held to address various mental health and emotional well-being concerns of students, parents and teachers. These sessions are currently focusing on Examination as a theme, covering related aspects for extending support to students.

1. **‘Sahyog’** live sessions are organized with practicing counsellors and are held from Monday to Friday (from 5:00 pm to 5:30 pm) across different regions for students (classes VI-XII).
2. **‘Paricharcha’** webinars are organized with experts in the field every Friday from 2:30 pm to 4:00 pm.

These sessions are telecast on PM e-Vidya Channels and are also available on ‘NCERT Official’ YouTube Channel.



Online Directory of Counsellors: A National level database and online directory of counsellors at School and University levels is also available on the **webpage of Manodarpan** (<https://manodarpan.education.gov.in>) for those students who want to seek mental health support from professional counsellors.

